



## BEANS, REFRIED, LOW-SODIUM, CANNED

Date: April 2009

Code: A093

### PRODUCT DESCRIPTION

- Canned refried beans are Grade U.S. No. 2, smooth pinto beans with no added fat.
- Canned refried beans are a low sodium product.

### PACK/YIELD

- Canned refried beans are packed in 16 ounce cans, which is about 4 servings (½ cup each).

### STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened refried beans in a tightly covered container that is not made of metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made of metal.

### USES AND TIPS

- Serve refried beans as a side dish or as part of a main dish in bean burritos, bean tostadas, or nachos frijoles.
- Refried beans can be served as a dip for corn tortilla chips.

### NUTRITION INFORMATION

- ½ cup of canned refried beans counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Canned refried beans are not fried. They are low in fat, cholesterol-free, and are a healthy vegetarian choice, providing 20% of daily fiber needs.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (115g) canned refried beans, no added fat, low-sodium

#### Amount Per Serving

Calories	90	Calories from Fat	5	
% Daily Value*				
Total Fat	0.5g		1%	
Saturated Fat	0.5g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium	140mg		6%	
Total Carbohydrate	16g		5%	
Dietary Fiber	5g		20%	
Sugars	1g			
Protein	6g			
Vitamin A		0%	Vitamin C	0%
Calcium		4%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## TERRIFIC BEAN TACOS

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 1 small onion, chopped
- 2 teaspoons vegetable oil
- 1 can (about 16 ounces) low-sodium refried beans
- 8 taco shells or flour tortillas, wheat or white
- 1 cup low-fat cheese like cheddar, shredded
- ¼ head lettuce, chopped
- 2 medium tomatoes, chopped, or 1 cup canned diced tomatoes, drained
- Taco sauce or salsa (if you like)

### Directions

1. Cook chopped onion in vegetable oil in skillet.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, chopped lettuce, and tomatoes. If using taco sauce or salsa, add that too.

Nutrition Information for 1 serving (1 taco or tortilla) of Terrific Bean Tacos					
<b>Calories</b>	230	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	3 g
<b>Calories from Fat</b>	90	<b>Sodium</b>	290 mg	<b>Protein</b>	6 g
<b>Total Fat</b>	10 g	<b>Total Carbohydrate</b>	28 g	<b>Vitamin A</b>	15 RAE
<b>Saturated Fat</b>	3 g	<b>Dietary Fiber</b>	4 g	<b>Vitamin C</b>	5 mg
				<b>Calcium</b>	72 mg
				<b>Iron</b>	22 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

## EASY BEAN DIP & CHIPS

**MAKES 8 SERVINGS**

### Ingredients

- 1 can (about 16 ounces) low-sodium refried beans
- ½ cup fat-free sour cream
- 8 ounces baked tortilla chips

### Directions

1. Place refried beans in microwave-safe container and cover with a lid.
2. Heat in microwave on high for 45 seconds; stir and heat again until beans are warmed through.
3. Spread the sour cream on top.
4. Serve with tortilla chips.

### Tips

Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip. Try serving with celery sticks and other vegetables.

Nutrition Information of Easy Bean Dip (½ cup) and 1 ounce of chips (about 13 chips)					
<b>Calories</b>	170	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	2 g
<b>Calories from Fat</b>	20	<b>Sodium</b>	200 mg	<b>Protein</b>	7 g
<b>Total Fat</b>	2 g	<b>Total Carbohydrate</b>	33 g	<b>Vitamin A</b>	1 RAE
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	4 g	<b>Vitamin C</b>	0 mg
				<b>Calcium</b>	85 mg
				<b>Iron</b>	3 mg

Recipe provided by USDA FNS, Food Distribution Division, 2009.